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THE MUSKET

LEXINGTON HIGH SCHOOL

October 2005 Volume 6; Issue 2

themusket@yahoo.com

Eleven Students Injured in METCO Bus Crash

By Devaki Raj

Around 3 PM on September 27, a Boston-bound school bus taking fifteen METCO students home from Lexington High School was rear-ended by a Paul Revere transporter charter bus. The accident occurred at the eastbound intersection of Route 9 and Langley Road, near the Atrium shopping center in Newton. According to one student, the charter bus side-swiped a car, lost control, and hit the school bus while it was stopped at a red light. Eleven students were taken by ambulance to Children's and Brigham and Women's hospitals in Boston and Newton-Wellesley Hospital.

At the scene, the students were helpful in explaining the incident to the reporters.

Jaelyn Rue, an eleventh grader at LHS, described the incident: "I was sitting four or five seats from the back and I hit the back of the seat, glass started flying everywhere, nobody was bleeding, [except] the boy sitting in the seat where the charter bus hit the school bus."

Most of the students sustained injuries, including sprained muscles and minor cuts from the broken glass.

Everyone was obviously shaken from the trauma of the accident. Contrary to previous news reports, all the students were released that evening from the emergency rooms and no one sustained broken bones.

The driver of the truck, Michael Pellegri, and the school bus driver, Allan Weagle, were also taken to area hospitals.

Because of the force of the crash, the school bus, in turn, rear-ended a pickup truck. The driver of that truck was also taken to a hospital.

All of the students have returned to the school at this time. We wish the best to the students and thank the rest of the community for all the support.

Jones Limits Student Teachers

By Ben Carter

Halfway through September, Principal Dr. Michael Jones called a "fact finding" meeting in order to discuss the place of student teachers at LHS. After weighing input from department heads and administrators, Jones limited the number of student teachers for the 2005-2006 school year to 14. Due to the timing of this new policy, only those student teachers slated for the classroom during the second semester were turned away.

English teacher Kathleen Coleman emphasizes the benefits of student teachers.

In an interview, Jones, who was unable to specify the number of withheld student teacher positions, stressed balance as the critical factor in drafting his new policy. "We do have many new teachers [but] we have to make sure students get the benefit of being taught by veteran teachers." Jones elaborated further, stating that having no student teacher limit would result in an undesirable decrease in the number of veteran teachers per student.

Jones acknowledged opposition to his policy exists, but brushed it off as relatively minor, affirming that his decision took faculty views very seriously.

However, English department head Deborah Perry said that, while she ultimately supports Jones, certain staff members, including herself, are confounded with principal's decision because "we don't see [student teachers] as depriving, we see [them] as additive."

"Some of our best staff were former student teachers here," stated English teacher Kathleen Coleman, who finds student teachers to be greatly beneficial to the classroom. Coleman recently addressed her concerns in a letter to Jones, but is yet

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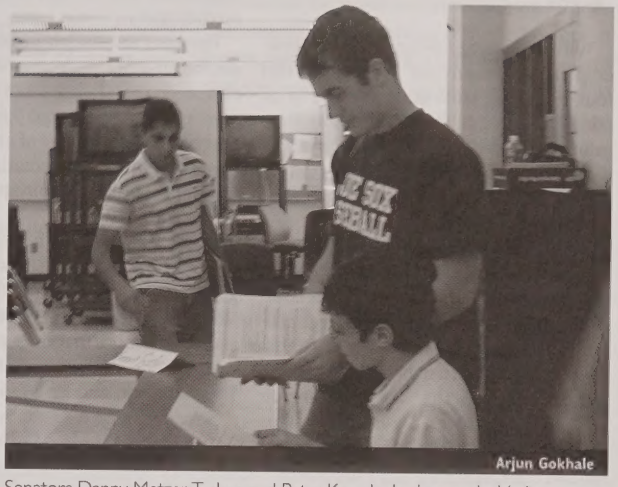

Senators Danny Metzer-Traber and Peter Krensky look over the Voting Records Bill.

Senate Approves New Voting Records Bill

By Eric Eid-Reiner

On Wednesday, September 8, the LHS Student-Faculty Senate voted in favor of the Voting Records Bill. The bill, which passed 23 to 9, established that all voting records of senators be kept and placed in official minutes. These minutes, along with the text of the bill or resolution, are to be publicized and posted around the school "immediately after a bill or resolution is passed" and at election time. The Executive Committee of the Senate is responsible for appointing an individual in charge of the publication of the records.

The bill is intended to focus the attention of the LHS student body on issues within Senate and how their senators are voting. This knowledge was previously unavailable to students who did not attend weekly Senate meetings.

Senator Bennett Earle, a supporter of the bill, believes that "by supplying the voting records prior to an election, the student body will be voting for people who represent their views and opinions."

However, some senators fear that the bill may lead to unwise decisions on the part of the voters. Senator Danny Metzger-Traber expressed concern that publicizing voting records may place too much power in the hands of voters who are uneducated about the bills and resolutions in Senate. Metzger-Traber added that senators who vote contrary to popular sentiment may be unfairly punished by the voters come election time.

Senator Arjun Gokhale expressed further concerns over the new bill, stating that "it is just a waste of time to record votes when you know that people aren't going to read and consider them." Gokhale went on to criticize the general "apathy of the student body."

Faculty Senator Karen Girondel, however, feels that the bill directly addresses Senator Gokhale's concerns: "Many students are elected to Senate by a margin of only a few votes. While it may be true that not a lot of stu-

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Inside this Issue:

Faith and Science- Read a response to last issue's critique of intelligent design. Page 3

Power Lifting- Check out our offbeat athlete of the month, David Dadgar. Page 8

Bite Size- Expand your horizons with a new lunch spot, Bartley's in Harvard Square. Page 2

Top Ten- Songs to Listen to in the Rain. Page 4

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FEATURES

Peer Mediation expanding Scope

By Eric Eid-Reiner

With returning advisor Rebecca Federspiel, new co-advisor Ben Misch, and four returning students withmore to be added soon, the Peer Mediation Program is headed in new directions this academic year. Though the program's size has decreased in the past fewyears, those involved feel there is a definite need for what it offers and look forward to rebuilding it.

Current mediator, Lisa Schlecht commented, "Peer mediation is a great program because it gives studentsa way to solve conflicts, often before they escalate." She added that the program offers an alternative to resolving many student-student conflicts without administrative involvement, which doesn't always include the levels of discussion and depth that are an integral part of mediations.

The peer mediation program at LHS, similar to other such programs, is based on the idea of helping those involved in a conflict - physical or not – find solutions and come to some sort of an agreement. Participation in a mediation is voluntary, and is usually initiated by one of the involved students.

Ms. Federspiel is a Social Studies teacher, and Mr. Misch is a Psychologist/Outreach Worker in the Guidance Office, new to LHS, but with experience inmediation. Current student mediators include Zach Green, Mike Guttag, Lisa Schlecht, and Eric Eid-Reiner.

To apply to be a mediator, please pick up a form from Mr. Misch in the main building Guidance Office or Ms. Federspiel in room 246.

Bite Size

Bartley's: The Best of Cambridge and Burgers

By Rachel Kase

While Lexington is a haven for history, it is definitely not the best place to fulfill a burger craving. Luckily, the burger joint of your dreams is not far away. Bartley's Burgers, open since the sixties, has become a landmark of its own. Its award-winning burgers, frappes, and raspberry-lime rickeys are certain to please all (carnivorous) Lexington High School students who have become just a little bit bored by the cuisine in Lexington.

The tasty food at Bartley's makes the trip to Harvard Square, the restaurant's home, well worth it. Practically unchanged since its establishment in 1961, Bartley's is one of the few places where you can still find both high quality and reasonably priced food.

No wimpy patties on soggy roles are served here. Bartley's hamburgers are oversized and juicy, with the buns perfectly toasted. And, the list of over twenty different burgers is guaranteed to satisfy everybody. For the less adventurous there are many traditional burger options, such as a burger with cheddar cheese, priced at around six dollars. Mr. Bartley's specialty burgers, which cost only a few bucks more than the regulars, come with extra toppings and entertaining names ranging from "The Saddam Insane (The gopher is out of his hole! Requesting his last meal)" to "The Ted Kennedy: A plump liberal amount of burger with cheddar cheese and mushrooms." To top it off, each delicious hunk of beef is served with coleslaw and fries or onion rings. To wash things down, be sure to try one of "Bartley's Famous Frappes," in addition to the Boston classic, lime and rasberry-lime rickeys. While the menu also features wraps, sandwiches, and seafood, the burger is definitely the best bet.

This burger experience is made even more enjoyable thanks to the restaurant's welcoming atmosphere. A rare preservation of Boston in a previous era, the world seems like a simpler, happier place inside Mr. Bartley's establishment. The restaurant is small and always crowded, so don't be perturbed if you are seated next to a stranger at the long picnic table: it's part of the experience.

A rare preservation of Boston in a previous era, the world seems like a simpler, happier place inside Mr. Bartley's establishment.

The old Red Sox posters, cartoons of Bill Clinton, and photos of Ted Kennedy that plaster the walls are sure to entertain you while you are eating. Just be sure to also keep an eye on the constantly updated blackboards on the walls so you don't miss one of Bartley's new, delicious innovations!

Mr. Bartley's Burger & Salad Cottage
1246 Mass. Ave
Cambridge, MA
617-354-6559
Open: Monday-Saturday 11 A.M. – 9 P.M.

SENATE NEWS UPDATE

•Senate passed a Voting Records Bill that requires all Senate voting records to be publicized to the LHS community.

•Senate is currently discussing a variety of bills relating to student community service requirements.

•Senate meets every Wednesday during X-Block in the Library Media Classroom. All are welcome to attend.

Catching Up with...

Janet Tashjian

Young-Adult author Janet Tashjian writes about teenagers in the context of a perpetually challenging political reality. Her book The Gospel According to Larry chronicles the rise to internet fame of a teenage boy through his anti-consumer website. The sequel, Vote for Larry continues the saga as Larry takes on the political process. She shared a few thoughts on adolescence and the high school experience.

Q. What kind of student were you in high school?

A. I always got good grades in school, but more importantly, I loved learning new things. I read all the time and I still read several books a week. I would describe my teenage self as shy and ambitious - I wanted to be doing more things than I learned in high school. It was a time of great change for me, I think it is for a lot of people.

Q. What do you know now, that you wished you had known in high school?

A. I wish I had known that high school is pretty irrelevant after you leave it. All that posturing, all that worrying about trying to fit in - after you leave, you walk your own path and none of it really matters anymore. I wish I had learned more about what I wanted to learn and less about what the school system felt was important. Most of what I've learned about the world- history, politics, art, music - I learned after high school.

Q. What advice would you give a teenager who wants to be a writer?

A. If someone wants to be a writer, they should write every day. It's like any discipline - soccer, piano, dance - you need to practice with regularity.

You should also get good constructive feedback from a teacher or writer or peer. Reading good writing is very important too. You should read good books and study them to see what the author did that worked or didn't work.

Joining a writing group with peers is also very helpful - to develop discipline as well as creating a space for support and feedback.

Good Reasons Offered For Increase in Lunch Prices

By Christiana Kim

It is the norm that school lunches at high school are not quite up to par. Every student has declared school lunch inedible at least once in his/her high school career, tossing aside the rock-hard vegetable pizza or the over-cooked pasta rather than finishing it.

However, with the rise in lunch prices from $1.75 to $2.75, it hardly seems reasonable to toss aside the fairly expensive meals. Students complain that the quality of food is not equivalent to the price and that meals to choose from are diminishing. Sarah Feinman declared, "The prices are ridiculous. What's even worse is that cookies have gotten more expensive but smaller."

Fortunately, there is a good reason for the sudden leap in lunch and snack prices. According to Dr. Jones, the lunch price hasn't increased in many years.

Rather than increasing by 25 cents or 50 cents per year like other schools, Lexington High School has kept the same price for at least 3 years. Since Lexington has a school budget deficit of $1.3 million, much of the money will go towards eliminating the shortfall.

The money earned from the higher-priced meals will also go towards covering the cost of running the commons including the cost of lighting, heating, and electricity.

Best of all, the school will make an effort to improve the quality of meals. More variety will be added. While variety was apparently not a priority in the first month of school, on Friday October 7th, a new section was added to Commons that offered chicken noodle soup and clam chowder from the popular and stylish bakery café, Au Bon Pain.

While school lunches were inadequate at first, it is clear that the nutritional department of the school is making an effort to improve quality and quantity. Even the cookies are getting bigger now.

EDITORIALS

The Union of Science and Faith

By Kara Kaminski

In a previous issue of the Musket, Rachel Kase endeavored to pull decades of theoretical research into the conclusive world of fact in her editorial "Evolution: Fact or Fiction?"– an aggressive task for a high school student and one that no accepted scientist has yet accomplished. Unfortunately, her empirical analysis fades with her introductory claim that the United States is going through an unprecedented, severe, and illogical conservative phase of staunch traditionalism caused by Christian America. I assume the efforts of the religiously persecuted Christian colonist of our nation don't count as a noteworthy phase. Nor does the work of the faithful revolutionist who fought and died where we now stand qualify as a relevant era. Surely the morals of the Founding Fathers are insignificant. It is a common, self serving misconception of ego to place undo significance on the present. The reality here is that our nation was founded on Christian morals and has gotten to where it is now, a place where no matter how liberal you are, you can not deny the greatness of your quality of life.

It is true that some on the liberal fringe are intolerant of factual evidence, much like some on the conservative fringe refuse to accept historical realities.

Next Ms. Kase moves claims that 'one in ten Americans' believe that life developed without any divine assistance. Heaven forbid (pun intended) that our nation, based on democracy and Christian morals, would succumb to the horrors of a 90% majority! I find it a little hard to believe that this apparent 90% of the country are 'fanatics' as she labels them. Supposing that they put 'both intellectuals and evolutionists on the defensive' implies that the 10% are the entirety of intellectuals and evolutionists. Is she claiming that our country consists of and functions as it does with an uneducated controlling proletariat suppressing the 10% of our intellectuals? Intelligent design, for many but not all Christians, is the recognition that God is the creator of the universe, of life, and that evolution may have been the method he used to facilitate this creation. For many, it is the

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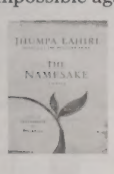
What's Hot and What's Not

By Rachel Kase and Josiah Reibstein

HOT

iPod Nano: Imagine holding three days worth of songs in a pencil thin box. Apple has achieved the impossible again.



"Lexington Reads": Not only a great way to become involved in the community, but an excuse to read The Namesake, Jhumpa Lahiri's brilliant second novel.

New Orleans: Although the city was broken, the spirits weren't. Lexington residents are housing evacuees and plans are already underway to rebuild this cultural reservoir.

Early Action: Quck results without the commitment, what could be better? Only problem is earlier deadlines mean one stressed out October.

NOT

Boston Red Sox: The season is over and the dream of repeat dies. At least when we can all get some sleep now.

LHS School Lunches: So, it's now an extra dollar for... the same amount of food... at the same quality... and the burgers are still undercooked? Why not just go grab a nice hot sandwich at Via Lago instead?

Tom DeLay: While liberals in Massachusetts never seemed to like him, now they have a reason not to: the Texas representative was caught laundering money.

Britney Spears: Old model: teach pre-teen girls to bare their bellies, New Model: teach pre-teen girls to bare their babies

Letters to the Editor

Dear Editors,

Concerning your article about cross-country in this [September] issue of The Musket, the boys XC team has actually gone undefeated for the past five, not four years. Please amend this grievous and harmful error in your next issue.

Thank You,

David Palmer

P.S. I also dispute your comment that "LHS football['s]...play has slowly declined." Barring 1988 and 2003, the team has never really been good.

Dear Editors,

It's hard not to notice when reading The Musket that many complicated issues such as the war in Iraq, the interface of religion and politics or Cindy Sheehan's protest are presented with only one-side. This kind of bias reflects poorly on Lexington High School's intellectual atmosphere. Without any real discourse on these issues writers continue to characterize President Bush as a "child," "unable to admit mistakes" and beholden to "uninformed and relentless religious fanatics." Such simplistic dismissals and hostility to alternative opinions in The Musket contribute to a student body that comes across as elitist and condescending towards "red states." The Musket is a reflection on our educational community and it conveys a lack of appreciation--even intolerance-- for the worldviews of people who have not grown up in one of the richest and most privileged towns in the entire country.

Casey Makovich

Please send short, tasteful letters to the Editor to themusket@yahoo.com, or leave them in The Musket Mailbox at the entrance to the library.

LHS Needs a New Community Service Policy

By Emily Kase

The Social Action Committee and the Student-Faculty Senate are proposing a bill that would change our school's community service requirements. Thanks to their proposal, the flaws in the current program are finally being recognized. Community service at Lexington High School is in dire need of modification. Currently, students can get away with doing hardly any service at all. The value of community service is one that our generation must learn to appreciate. Understanding the importance of helping the community is the best way to develop a morally aware, cohesive society. Too many children grow up without ever being taught this value, and fail to ever use their resources to aid the larger community, or the less fortunate. The school should encourage students to be not only academically successful, but generous community members. The current system does not do as much as it should in this realm.

The Social Action Committee believes that forty hours of community service should no longer be a graduation requirement. Unfortunately, for most students the community service requirement is something to be completed as swiftly and painlessly as possible. Rather than prompting genuine engagement in the community, the current requirement often results in attempts to cheat the system, or insincere efforts to quickly gain hours. Sadly, at LHS, community service has become less of a

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ARTS AND ENTERTAINMENT

You could have it so much better... With Franz Ferdinand

By Kelly Siegel

Franz Ferdinand continues their domination of current music with the release of their second album, "You Could Have It So Much Better." The band is among many popular artists currently churning out infectious indie dance rock, popularized by the Killers and perfected by Bloc Party and Kasabian.

For existing Franz fans, this album will not disappoint, and may well inspire a new wave of listeners. As with their self-titled debut, the new album is rich in poppy guitar-heavy anthems and singable, catchy riffs. The chords and sleaze of the first single, "Do You Want to" are recognizably Franz, but at the same time this album exudes a somewhat different vibe from the last release: it is much more melodic and more heavily layered than the debut.

Track 9, "What You Meant," symbolizes a new direction for the band and highlights the depth in lead singer Alex Kapranos' voice.

The album is not without flaws. As expected, Kapranos' lyrics are far from poetic, with minor exceptions scattered throughout various songs. Additionally, the album lacks any real statement or purpose. The 13 songs only add up to 41 minutes, and several tracks seem especially quick and rushed. Still, the album packs a punch that Franz Ferdinand is famous for and it offers the much needed kick of adrenaline that Red Bull simply cannot provide.

The Bloodhound Gang's 'Hefty Fine' Released

By Andrew Gerzon

In the last few years many rock bands have tried to improve their images by acting more sophisticated and by writing more meaningful lyrics. Green Day, for instance, has evolved from a simple punk rock band into a Grammy-winning group with an edgy political message. Amidst many different bands trying to come off as intelligent, one band has stuck to its immature roots: The Bloodhound Gang. For that reason their newest album, "Hefty Fine," is very enjoyable. Released on September 27th, "Hefty Fine" marks The Bloodhound Gang's fourth album, and is the first since 2000's "Hooray for Boobies." What's particularly good about "Hefty Fine" is that it combines punk rock and hip hop into one distinctive sound. To reinforce the good music are the very clever, colorful, and obscene lyrics. Of particular interest is the song "Ralph Wiggum," an homage to the much loved character on The Simpsons, which consists completely of quotes spoken by Ralph Wiggum. The only downside to the album is that it is rather short.

Nonetheless, all the elements that have made the last three albums worthwhile are still very much alive in "Hefty Fine."

Top 10: Songs to Listen to While It's Raining Out

by Kelly Siegel

1. **The Cure** "In Between Days": The ultimate and essential for rainy days, a bizarrely upbeat song about being left behind.
2. **Radiohead** "Creep": Arguably the greatest song ever recorded, gloomy and creepy (hence the name.)
3. **Barenaked Ladies** "Brian Wilson": A song about rainy days and going crazy. Stays in time with your windshield wipers.

4. **Oasis** "Stop Crying Your Heart Out": Infectious to sing along to, and reminds us that there is hope.
5. **Cake** "I Will Survive": A brilliant cover of the classic, with that wonderful Cake lilt and funk.
6. **Goo Goo Dolls** "Black Balloon": Because the chords just make you feel like it could rain forever.
7. **The Shins** "New Slang": A hollow sound that fills your car, rain drops being the perfect percussion accompaniment.
8. **Journey** "Don't Stop Believing": Oldie, but goodie. This is the song you're ashamed to call one of your favorites.
9. **The Postal Service** "Nothing Better": A modern indie duet that captures the complexities of breaking up, getting back together, and inevitably breaking up again.
10. **The Flaming Lips** "Do You Realize??": Makes us gloriously aware of all of the things we take for granted.

FEATURES

Minutemaid Column: Of Fat Ankles and Botched Self-Tans

Dear Minutemaid: I've always been really short. I used to wear heels all the time, but ever since I got diagnosed with hypo-ankleishmia syndrome, I'm only allowed to wear flats. How else can I deal with my height problem?

Vertically Challenged

Dear Vertically Challenged: The healthiest solution is to just accept the fact that you are not as tall as some people. But if you insist on a superficial answer, try hanging out with people shorter than you.

Dear Minutemaid: During summer vacation, all my friends went on these really great vacations. I knew they'd all be so tan from their beach getaways when we started school that Monday, so I decided to try out some self-tanner and pretend that I'd gone away somewhere fun too. So on the first day of school, all my friends and I were sitting around at lunch talking about what we'd done. One girl asked me where I'd gone, and I immediately told her Cancun. She pointed at my hands and said, "Then why don't you have a real tan?" I looked down at my palms and realized that they were actually disgustingly orange and streaky. Not only did everybody know my tan was fake, they knew my vacation was a total fraud too. My friends won't stop bringing it up. They are constantly making fun of me. How do I get them to stop?

Caught in the Act

Dear Caught: They best way to handle the situation is to laugh it off. When one of your buddies starts to bring up the story, finish it yourself. That way, they'll realize that it's not a big deal. Besides, who can resist someone cool enough to joke about his or her own mistakes?

Minutemaid

HUMOR

The Newest Abuse: The Spread of Recreational Usage in Liberal America

By Irving Chung

Eric Keine doesn't remember just how he got into it. He recalls his first experience hesitantly.

"My first time I didn't really know what to do. It was just something to fill my time after lunch. I wasn't even really into it. It was kind of a thing to do, you know?"

But a few tries later, the sophomore began to understand its appeal. After experimenting for a bit, and after talking to some more experienced friends, Keine started spending more and more time on it. Soon, he was at it before school started and long after last bell.

"After a while, I was really hooked. It was in my blood, you know?"

Eventually, Keine realized he was addicted.

"I remember, I'd be sitting in geometry or something, trying to remember some triangle theorem, but all I'd be thinking about was hacky sack. Just like that, it started taking over my life. That's when I realized I had to stop playing."

Eric Keine is not a hoodlum. Before being pulled into the world of hacky sack, Keine maintained a solid 3.0 GPA while participating in several extra-curriculars, making appearances at the Cricket Club, and very briefly venturing into the art of breakdancing. Before hacky sack, Keine was a normal American teenager, spending his copious free time loitering and exaggerating about his experience "with the ladies". His is the sad story of hundreds of thousands of unwitting sack-heads.

"I'm clean, though, and at least that's something to look forward to. I'm clean now."
-Eric Keine

Although it has been known and enjoyed for centuries in Asian culture in various forms, the hacky sack as known today originated in Oregon in the 70's. Since then it has consumed college campuses nationwide. Recently, it has found a place in liberal suburban schools, turning upper-middleclass children into uncontrollable junkies. In our own high school, its effects are omnipresent. Students march unenthusiastically through the hallways. Classroom discussions are limited both in volume and in insight.

In the quad, blatant sack-heads play in circle kick groups, the members of which are openly exchangeable – circle kick is not an amiable game among friends, but a gathering of deviants whose numerical requirements are sated by caprice and necessity. Worst of all, grades are dropping, and few know the true culprit. Says Keine, now a junior:

"Whenever I see my friends playing, I try to distract them. I can't outwardly speak against them, though, 'cause everyone's doing it now. I've lost some good friends when I openly criticized the sack. I'm clean, though, and at least that's something to look forward to. I'm clean now."

Musket Staff 05-06

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Voting Rights Bill • From Page 1

dents will actually take the time to read Senate minutes and study voting records of incumbents, some will. And those educated voters could make the difference."

Faculty Senator Melissa Buttaro stated that while she supports the bill's intent, she does not feel that voting records should be thought of as a substitute for face-to-face discussions with representatives about issues raised in the Senate.

The Voting Records Bill takes immediate effect and all subsequent Senate votes are to be recorded.

Community Service • From Page 3

fulfilling, humanitarian deed, and more like another chore to be done. In contrast, while many students are actually interested in serving the community, the school does little to acknowledge these students.

They should not be discouraged from fulfilling their requirements in a way that they feel truly passionate about, nor should they be forced to fulfill a requirement that they have already completely outside of school.

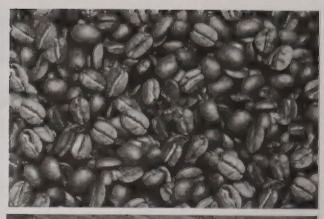
Of course, there must be some kind of compulsory community service in our school. Just because some students are less than genuinely interested in serving the community, we cannot give up on the invaluable lesson that it teaches. A new system is necessary. The bill "Community Service Day Experience," would require each student to spend two days a year doing community service with a group of their peers and a faculty member. This would provide students with the opportunity to not only become engaged in service that they cared about, but also to meet new students and faculty. There is no doubt that a community service program at Lexington High School would be vastly improved if the school took more initiative to assist students in this process.

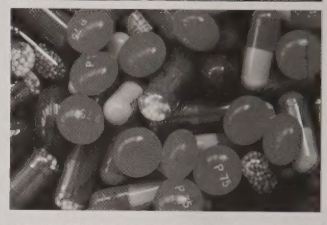
On the other hand, while this proposal sounds like a great opportunity for those interested, it should not be mandatory. Many students are already invested in other forms of community service, and they should be recognized for their efforts as well. They should not be discouraged from fulfilling their requirements in a way that they feel truly passionate about, nor should they be forced to fulfill a requirement that they have already completely outside of school.

Our school should be more focused on helping the world around us. Only when we update the current community service program will students stop seeing community service as an annoying requirement, and start seeing it as a fundamentally important part of being a society member.

Lionel Creech works hard on Community Cleanup Day.

HEALTHBEAT: Caffeine





With all the pressures and drudgery of high school, many students have turned to caffeine to ease their troubles.

It's fairly common to see classmates toting a tall Starbuck's frappachino to first block, or coming back from fitness walking class with an ice latté from Dunkin Donuts.

The caffeine intake levels among high school students are out of control, and beverage companies are making the problem even worse. Stores like Starbucks have incorporated catchy concoctions, like the new green tea frappachino, to lure teenagers.

Soda companies have been exploiting the addictiveness of caffeine for decades. Caffeine is added to these drinks purely for the purpose of getting people hooked.

High-energy drinks, like Red Bull and Gatorade, contain over-the-top concentrations of caffeine are becoming increasingly popular. But how does drinking such beverages affect our health?

Although no one has been able to link caffeine with growth impediment or slow brain development, it is true that caffeine addiction can lead to future complications.

Although no one has been able to link caffeine with growth impediment or slow brain development, it is true that caffeine addiction can lead to future complications.

Once caffeine becomes a daily necessity, the body starts to crave it; it becomes a part of everyday life. Once addicted, a lack of caffeine can lead to headaches, nausea, and slowed thought processes. Sometimes, caffeine-related highs and lows can be a factor in long-term depression.

Caffeine, like alcohol, can impair decision-making processes, and can also poison your body if taken in excess. Along with numerous other prescription drugs, caffeine pills are gaining popularity.

The bottom line is this: Caffeine, with its addictive and harmful effects, is not just another drink. Pay attention to what you put into your body.

Union of Science and Faith • From Page 3

marriage of evolution and creationism, of science and faith. It is true that some on the liberal fringe are intolerant of factual evidence, much like some on the conservative fringe refuse to accept historical realities.

Kase goes on to deface the Christian faith by comparing it to science and suggesting that faith should be based in fact. She even takes her own leap of faith by claiming the theory of evolution to be a "fact."

Science progresses over time. Right and wrong do not. The faith based morale that exists in Rachel's 90% of Americans permeates all aspects of a believer's life. God can not be kept in the church. We cannot arbitrarily choose when to follow our morals and when not to.

And yes, I said "theory." What kind of scientist is not skeptical of a theory? If scientists took every theory as fact there would be no progression in science; we'd be stuck thinking the world is flat. When she compares Christians to Holocaust deniers I am just disgusted, as a human being as well as a Christian. Her 'horror' at students and teachers who believe that evolution is a philosophy is bunk. I fully support the theory, but we do not yet have the means to prove evolution as fact rather than theory. And if or when we do, it will not change the core of this debate. Philosophy elevates an idea to a matter of faith. Evolution in no way deserves the label of faith. Science gives us an understanding of our natural universe – nothing more than tools and resources. Faith gives us the direction and wisdom to use these tools and resources.

Just as no credible utopian vision is predicated on scientific achievement, no science will surpass the value of faith. And speaking of those useless philosophy books written over two millennia ago – should we dismiss teaching Aristotle, Socrates, and Plato?. Maybe Rachel would do well to study a certain cave allegory.

Science progresses over time. Right and wrong do not. The faith based morale that exists in Rachel's 90% of Americans permeates all aspects of a believer's life. God can not be kept in the church. We cannot arbitrarily choose when to follow our morals and when not to. The classroom can deal with the fact that scientific theory is scientific theory and people can believe what they please, as they please. I for one see no reason to embrace intolerance now.

Girls Soccer Making Push for Playoffs

By Stuart Easton

One game past the halfway point of the season, the Lexington girls soccer team looks primed to make a playoff push. After wins against Melrose, Wakefield, Watertown, Burlington, and Stoneham, the team is sporting a 5-2-3 record. This gives the girls thirteen of the eighteen points they will need to get into the playoffs.

The leadership of new Head Coach Frank Pagliuca is one explanation as to why the girls have been playing so well. Pagliuca been a more than adequate replacement for ex-Coach Keith Wood, and has the team playing solid defense to compliment their aggressive scoring attack. All things considered, it should be an exciting second half of the season, as the girls will be in the middle of a thrilling playoff race.

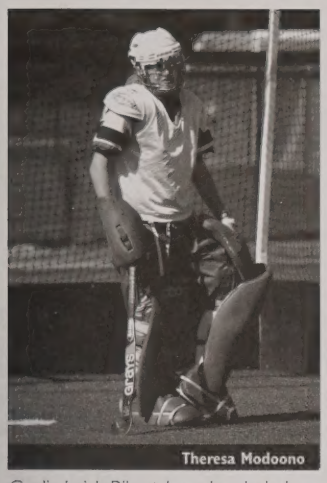
School Teachers • From Page 1

to receive a response. "People are being quiet about the rationale," said Coleman, "The fact that [Jones] won't spell out the specific problem is the most frustrating to me."

Coleman further asserted that, while Jones may have had greater control at past schools he's worked at, decisions such as this one are not made unilaterally at a school as large as LHS.

In response to such criticisms, Jones clarified his function at the school: "I am the principal; all hiring decisions are ultimately made by me... I have a better overview than individual people because I get to see the big picture."

Field Hockey Aiming for Perfection



Goalie Leigh Riley takes a break during a game against Melrose. The girls won 3-0, improving to 8-0-1 on the year.

By Arjun Gokhale

It's hard to argue with results. The Lexington Field Hockey team's phenomenal performance this year is readily evident in its nearly perfect record. The girls could only have dreamed of going 8-0-1 during training camps and Hell Week, but they've made that dream a reality with their stifling defense and aggressive offense. Co-Captains Alexandra Alspaugh and Sarah Smith pace the scoring attack, providing the defense with a large margin of error. Goalie Leigh Riley has completely shut down opposing offenses, letting in less than 2 goals a game on average. Michelle Martini's blazing speed has given the defense decisive advantages in preventing the opposition from mounting an attack. The girls have earned their first place ranking in the Middlesex League, emerging victorious in tough wins over archrivals Watertown and Reading. They'll soon get a chance to atone for their tie with Wakefield, the only blemish on their otherwise spotless record.

Although the team lost to Weston in the first round of last year's playoffs, the girls have high hopes for this year's championship run. "I think we can go really far as long as we take it one game at a time," commented halfback Jenny Jason. The team has been fortunate to avoid any major injuries, although the strong JV team could readily supply replacements if needed. Varsity field hockey has nine games left; all are against teams Lexington has already faced this year. That being the case, the girls have realistic expectations of finishing with a nearly perfect record.

Cross Country Stay Undefeated

By Andrew Snyder

Yet another autumn is upon us; this can only mean falling leaves, chilly mornings, and an undefeated season for the Cross Country teams of Lexington High School. Off to matching 4-0 starts, the Lexington runners have distanced themselves from the competition with superior performances. For the boys, senior captains Ari Weiser, Andrew Bowen, and Rob Bleakley, along with veterans Geoff Rodriguez, Tim Kim, Dave Brown, Brian Sewell, Andrew Dunn and Alden Ruml, have ran successful varsity races. The team has worked hard to continue their unbeaten streak, which, according to Captain Andrew Bowen, "well exceeds fifty meets."

Led by veteran captains Erin Kelly, Kate Sullivan, and Laura Sofen, the Girls Cross Country team is also running away with their league title, and is looking forward to the All-State meet next month. "The team has been showing great depth and dominating meets even while missing some of our top runners," stated Laura Sofen. Aside from the captains, top contributors to the team have included Jill McNabb, Lis Kernan, Jaclyn Harvell, Naomi Campbell, and Anna Sheridan. With this kind of start, both the boys' and the girls' teams should expect great things for the rest of the season.

Golf Team is Fore Real

By Austin Lee

After last year's trip to the State Finals, the Lexington Golf team is again enjoying an impressive season. Despite the loss of key seniors, including former number one golfer and emotional leader Lala Anai, the Lexington golf team has gotten off to a strong start. Lead by senior leaders Mike Clarke, Chris Lopez, David Sykes, and Michael Sramowicz, the team has gone 6-1 during the first few weeks of play. The one loss came early to top rival Woburn, who, along with Melrose, will certainly be challenging Lexington for the league title. After this loss, however, the team quickly got in synch as underclassmen Greg Johnson, Brian Wang, Tommy Whelan, Lee Smith, and Paul Sramowicz stepped up their play. The remaining matches will be tough, but under the guidance of coach Rick Thibeault, the team feels that it is primed for success. When queried as to whether the team would be able to handle the pressure of the playoffs, Mike Clarke responded, "Coach Thibeault puts the 'go' in golf. We don't let pressure get to us, we just go out and play." With their combination of veteran leadership and young talent, the golf team is primed to make yet another push towards the championships.

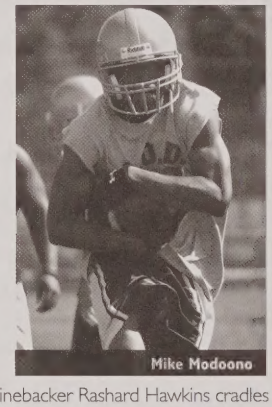
Chris Lopez looks with satisfaction after a well-hit shot.

Football Squad Scores Early Victories

By Stuart Grimes

The LHS varsity football team's season got off to a quick start, with three wins in its first four games. The first two games were against non-league opponents, Westford Academy and Concord-Carlisle. Although the games were mainly defensive battles, Lexington was able to come away with the win both times. The season opener remained scoreless until the third quarter, when Westford scored a touchdown but failed to convert the extra point. The Minutemen got their offense going in the fourth quarter and scored 13 points while holding Westford scoreless. For the first touchdown, junior quarterback Ross Curley hooked up with junior receiver and speedster Darius Walker for a 70 yard touchdown. Maurice Fitzgerald added the extra point. Later, senior running back Seth Garro sprung loose for a 47 yard TD run. This time the extra point was no good. It hardly mattered, as Lexington kept Westford out of the end zone and came away with the win.

The next game against Concord was won by excellent defense, as Lexington shut its opponent out 9-0. One of the many defensive highlights included senior Jeff Churchill's safety. In week three, Lexington suffered a heartbreaking defeat to Middlesex league foe Stoneham. The final score was 20-19. Despite the loss, there were many individual highlights for the Minutemen. Garro had an awesome performance, carrying the football 15 times for 183 yards and 3 touchdowns. The defense was bolstered by Churchill, who contributed three sacks and seven tackles. In addition, junior Nick Pisegna recorded nine tackles. Also playing well for the Minutemen were Curley and Shane Callaghan. Lexington led 19-12 with one minute to play, when the ensuing kickoff was returned for a touchdown by the Spartans. Stoneham then successfully executed the two-point conversion to take the 20-19 lead. Despite one last effort by the Minutemen offense, Stoneham held on for the victory.



Linebacker Rashard Hawkins cradles the pigskin in his arms during a drill in the infamous Hell Week

Lexington bounced back the next week against Melrose, coming away with a 34-20 win. Compared with Lexington's previous games, it was an offensive outburst. Juniors Curley and Peter Krensky each had a pair of touchdown runs for the Minutemen. Walker contributed a 5 yard TD run for Lexington's final score. The team's record stands at 3-1 heading into games against Belmont and the always formidable Woburn. If the Minutemen continue to play good defense and put points on the board, they should come away with many more wins before the season is over.

Girls' Volleyball Looking Ahead to Playoffs

By Tsung-Tang Shen

The Lexington Varsity Volleyball team defeated the Lynnfield Pioneers on Friday, September 30, completing a three game sweep that had boosted their record to 7-3. It was an important victory for Lexington, who had gotten off to a slow start. The team was led by senior captain Amy Greenberg and junior Kristina Hankins. Greenberg put on quite a crowd-pleasing performance, spiking the ball numerous times and earning rousing cheers from the audience on each occasion. Hankins played tough at net, consistently blocking and frustrating the Pioneers' multiple attempts to spike the ball. With seven wins, the girls only need three more to clinch a playoff berth. Rising sophomore star Heather Kozin commented that Coach Jane Bergin "is not only one of the most talented volleyball coaches in our league, but she also cares a lot about all of the players both on the court and off of it." The playoffs are unfamiliar ground for some of the newer members of the team, but the pressure won't intimidate any of them. When asked for her prediction of playoff success, Kozin responded without hesitation, "We're going to dominate."

Mike Clarke

The girls varsity volleyball team takes a quick pep talk from their captains in the moments right before a game at home.

Arjun Gokhale

Junior Alex Lach watches the ball downfield after scoring a key goal moments earlier.

Boys Soccer Team Tops the League

By Mike Grossi

It has been quite an amazing season for the boy's soccer team. Boasting an 8-1-1 record, the boys have shown that they have what it takes to win the Middlesex League Championship.

The captains, Willi Ballenthin, Sean Chou, and Peter Frank, have kept the team focused, playing one game at a time. After an opening win against perennial powerhouse Stoneham, the team reeled off an impressive seven game win streak before finally being beaten 2-1 by a tough Reading team.

The juniors' exceptional play has been of great consequence to the team's success. Andy Wright is one of the team's leading scorers, Alex Lach has shown incredible ball handling skills, and keeper Jasper Drisko has been sensational in the blanketing of Middlesex League opponents.

Yet, numerous upperclassmen have also risen to the occasion. Dave Smoot, Nik Finneran, and the dynamic duo of Matt and Greg McKenna have all demonstrated strong play.

Senior captain Sean Chou said, "Our two big wins over Stoneham have given us a major confidence boost, and we intend to carry our momentum through the rest of the season and all the way into the playoffs." Here's hoping that the boys continue their reign of dominance over the Middlesex League, and push deep into the playoffs.

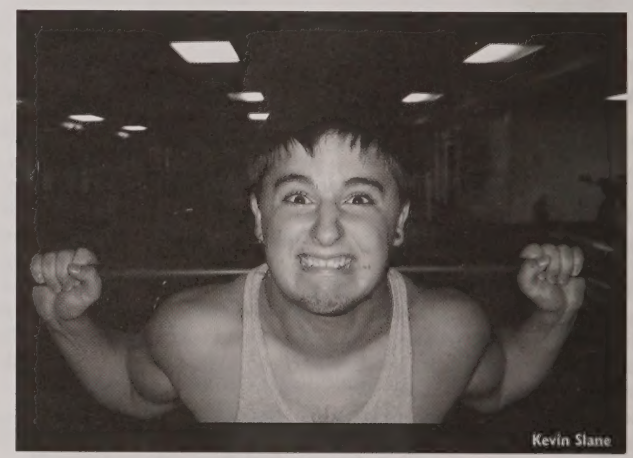
Offbeat Athlete of the Month: David Dadgar

By Kevin Slane

While in high school, most kids like to get involved in some kind of sport. Consequently, most try to get in shape for this sport by working out. However, there are a small number of students who forgo the sport-playing entirely and just hit the weights. David Dadgar is one of those select few. "As a freshman, I had no idea what I was going to do at the high school. I was 5 foot 7, 125 pounds, and didn't have much to go on," confessed Dadgar. It was then that David met Max Isaak, a fellow LHS student. "He turned me on to power-lifting, and how you could really pump your body up. He put me on a really good training program, which I still work with today, with some modifications."

Today, Dadgar is a beast of a man. He has grown barely an inch since freshman year, but has managed to pack on 45 pounds, bringing him to a stocky 170. He can bench and squat with the best of them, and does so daily at the Hayden Recreation Center, where he works as a weight room attendant. He has even passed on some of his indelible knowledge to curious students. "I've gained 20 pounds since I started working out with Dave. I used to be a pretty skinny guy, but now, Dave and I push cars up hills," commented varsity basketball player and Dadgar aficionado Armen Adamian.

Indeed, Dadgar plans to go into weight training in college, where he could teach other curious lifters his weightlifting credo. "Most people who come to work out follow the same pattern when they lift, by doing a low number of repetitions on a high weight. I subscribe to a different method of working out, which basically has you do high reps on a high weight." But isn't that slightly more difficult? "The basic motto of the regimen is to 'lift until you drop.' I usually lift until I can't move anymore, then have someone lift the weight off me." Indeed, Dadgar and his strenuous workout plan define intense.


Kevin Slane

Senior David Dadgar demonstrates his lifting technique at Hayden Recreation Center.

Still, all the lifting has to end at some point. "I still have to perform the basic duties of my job, which means I have to wash all matters of bodily fluids off the equipment, and mop the floors about once a week," laments Dadgar. But is the life of a power lifter worth it? "It's definitely worth every minute. Not only do you get such a powerful feeling after every workout, but honestly, chicks dig a guy with a six-pack and rippling biceps. You should really come down and work with me, I could set you up on a whole plan." Thanks Dave, but I think I'll save pushing my car around for when the battery is dead.